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"Leaning on the Everlasting Arms" – Gospel Hymn (King James Version Inspiration)

Background and Biblical Basis

- "Leaning on the Everlasting Arms" is a classic gospel hymn written in 1887 by Anthony J. Showalter (music and refrain) and Elisha A. Hoffman (verses)[1] [2].
- The hymn was inspired by Deuteronomy 33:27 (KJV): "The eternal God is thy refuge, and underneath are the everlasting arms"[3] [1] [2].

Lyrics (Excerpt)
> What a fellowship, what a joy divine,
> Leaning on the everlasting arms!
> What a blessedness, what a peace is mine,
> Leaning on the everlasting arms!
>
> Leaning, leaning,
> Safe and secure from all alarms;
> Leaning, leaning,
> Leaning on the everlasting arms[4] [3] [1] [5] [6].

Theme

- The hymn expresses the assurance, peace, and security found in trusting God, echoing the promise of God's unfailing support in the King James Bible[3] [2].

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"Leaning on the Everlasting Arms" – Full Lyrics

Verse 1
What a fellowship, what a joy divine,
Leaning on the everlasting arms;
What a blessedness, what a peace is mine,
Leaning on the everlasting arms.

Refrain
Leaning, leaning,
Safe and secure from all alarms;
Leaning, leaning,
Leaning on the everlasting arms.

Verse 2
O how sweet to walk in this pilgrim way,

Leaning on the everlasting arms;
O how bright the path grows from day to day,
Leaning on the everlasting arms.

Refrain

Verse 3
What have I to dread, what have I to fear,
Leaning on the everlasting arms;
I have blessed peace with my Lord so near,
Leaning on the everlasting arms.

Refrain[7] [8] [9] [10] [11]

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1st KINGS CHAPTER 4:29

1 Kings 4:29 (King James Version):

"And God gave Solomon wisdom and understanding exceeding much, and largeness of heart, even as the sand that is on the sea shore."[12] [13]

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How did Solomon's wisdom influence the surrounding nations

Solomon’s wisdom made him renowned across the ancient world. His reputation for insight and understanding attracted leaders, scholars, and dignitaries from surrounding nations, who came to hear his judgments and learn from his knowledge[14] [15] [16]. This international fame brought tribute and gifts to Israel, strengthened diplomatic ties, and contributed to a period of peace and prosperity. The Queen of Sheba’s visit is a famous example of foreign rulers seeking Solomon’s counsel[16] [17]. His wisdom not only elevated Israel’s status but also influenced the culture and governance of neighboring peoples[14] [16] [17].

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Olympic Wushu: Forms (Taolu)

Wushu forms, known as *taolu*, are choreographed routines that showcase martial arts techniques, stances, jumps, kicks, and balances. In Olympic-style and international competition, these forms are judged on technical skill, degree of difficulty, and overall performance[18].

Main types of Wushu forms:

- **Bare-hand routines:**

- *Changquan* (Long Fist)
- *Nanquan* (Southern Fist)
- *Taijiquan* (Tai Chi)

- **Short weapon routines:**
  - *Jianshu* (Straight Sword)
  - *Daoshu* (Broadsword)
  - *Nandao* (Southern Broadsword)
  - *Taijijian* (Tai Chi Sword)
- **Long weapon routines:**
  - *Qiangshu* (Spear)
  - *Gunshu* (Staff)
  - *Nangun* (Southern Staff)
- **Other events:**
  - *Duilian* (Choreographed sparring, with or without weapons)
  - *Jiti* (Group routines with synchronized movements, sometimes with music)[18].

Competition routines have specific time requirements and are scored based on quality of movement, difficulty, and overall presentation[19] [20] [18].

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Nanquan (Southern Fist) – Step-by-Step Basic Instructions

1. Stance Work

- Practice strong, low stances:
  - *Ma Bu* (horse stance): Feet wide, knees bent, back straight.
  - *Gong Bu* (bow stance): One leg forward, both knees bent, rear leg straight, front foot facing forward, back foot at a diagonal[21] [22].

2. Basic Hand Techniques

- Vertical punch and horizontal punch: Keep wrists straight, thumb outside the fist.
- Palm strike: Relax the wrist, thumb along the side, use the edge of the palm to strike.
- Tiger claw: Fingers spread, tense, and slightly bent to mimic a claw[21].

3. Basic Movements

- Combine hand techniques with stances. For example:
  - From horse stance, punch forward with power.
  - Transition to bow stance while striking with a palm or claw.

- Keep movements tight, fast, and powerful-Nanquan emphasizes explosive strength and sharp, short motions[23] [22].

4. Sample Sequence

- Start in horse stance, both fists at waist.
- Open right hand, swing out in a circle, snap to a punch as you shift to bow stance.
- Pull back to horse stance, punch with the other hand.
- Step forward, palm strike, then transition to another stance[21] [23] [22].

Tips

- Focus on strong stances, stable base, and crisp, energetic hand techniques.
- Practice slowly at first, then increase speed and power as you gain control.
- Watch detailed video tutorials for visual guidance and follow along with a coach if possible[21] [24].

> Nanquan routines are best learned step by step, focusing on stance, hand technique, and explosive transitions for authentic southern style power[21] [22].

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Bodybuilding & Physical Fitness for Olympic Wushu

Key Fitness Components for Wushu Athletes

- **Strength & Power:** Essential for explosive kicks, jumps, and stances. Weight training (bodybuilding) can help develop muscle strength, especially in the legs, core, and upper body[25] [26].
- **Speed & Agility:** Wushu routines demand quick transitions and rapid movements. Sprinting, plyometrics, and agility drills are important[26].
- **Flexibility:** High kicks, splits, and acrobatic moves require excellent flexibility. Daily stretching and dynamic mobility work are crucial[26].
- **Endurance:** Both muscular and cardiovascular endurance are needed to maintain high-intensity routines without fatigue[25].
- **Coordination & Balance:** Complex forms require precise control and stability, developed through balance drills and core strengthening[27] [26].

Training Approach

- Combine bodybuilding (for strength and muscle building) with functional fitness, plyometrics, flexibility, and sport-specific drills for optimal Wushu performance[25] [26].
- Regular testing and tailored programs help optimize physical development for competition[26].

Summary Table

Fitness Aspect	Importance for Wushu	How to Train
Strength/Power	Explosive movements	Weightlifting, plyometrics
Speed/Agility	Fast, dynamic forms	Sprints, agility drills
Flexibility	High kicks, acrobatics	Stretching, mobility work
Endurance	Sustained routines	Cardio, circuit training
Balance/Coordination	Complex stances, control	Core work, balance drills

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